

Interpreted By



Chakra System



PERSONALITY PROFILER

Prepared For -
Test Report
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Dr Paras Wellness Pvt Ltd

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Chakra System Personality Profiler (CSPP)

— Colour Scheme & Energy Centres —



SAHASRARA (CROWN)
Spirituality / Consciousness



AJNA (THIRD EYE)
Wisdom / Intuition



VISHUDDHA (THROAT)
Communication / Clarity



ANAHATA (HEART)
Love / Compassion



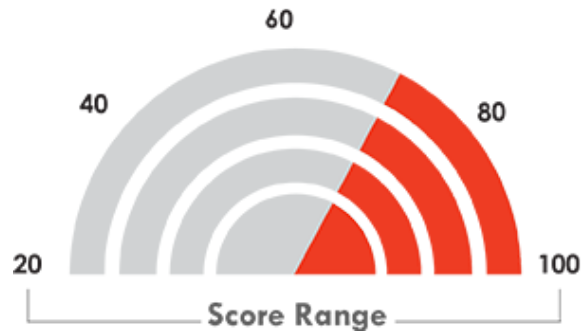
MANIPURA (SOLAR PLEXUS)
Energy / Vitality



SWADHISTHANA (SACRAL)
Emotions / Creativity



MULADHARA (ROOT)
Basic Trust / Security



MULADHARA OR ROOT CHAKRA

Qualities: Stability, trust, solidity and material security

Location: Base of the spine, tailbone area

Colour: Red

Planet: Mercury

Symbol: Square

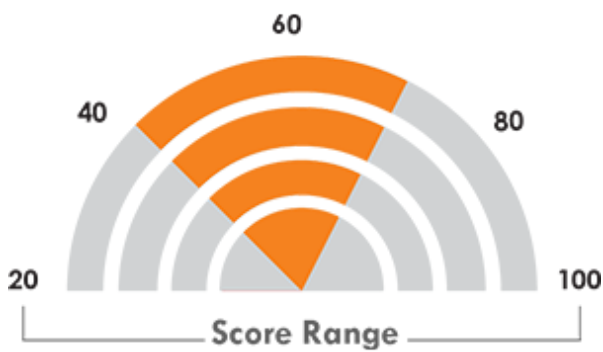
Positive Aspects: Vital energy, relationship with the earth, perseverance, strength of character

Negative Aspects: Aggression, selfishness, weakness of mind, phobias, addiction

Balance: Brings health, security and prosperity

Healing: Spend time in nature, bare feet on the ground, yoga and meditation

Chakra is very open & occasionally over-stimulated. Work to keep it balanced with other chakras



SVADHISTHANA OR SACRAL CHAKRA

Qualities: Emotional expression, creativity, sexual energy, flow

Location: Lower abdomen, Sacrum

Colour: Orange

Planet: Venus

Symbol: Crescent Moon

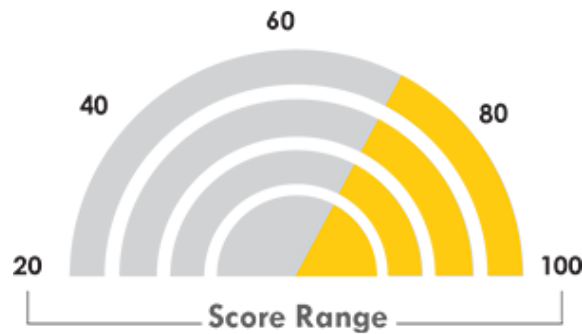
Positive Aspects: Passion, fluidity, happiness, self-expression

Negative Aspects: Obsession, guilt, repression, dependence, jealousy

Balance: Brings emotional health, adaptability, creativity

Healing: Spend time near water, activities involving movement – dance, workout, and aromatherapy

Your chakra is balanced and usually optimized



MANIPURA OR SOLAR PLEXUS CHAKRA

Qualities: Will, courage, vitality, energy, self worth

Location: Upper abdomen, Navel

Colour: Yellow

Planet: Mars

Symbol: Triangle

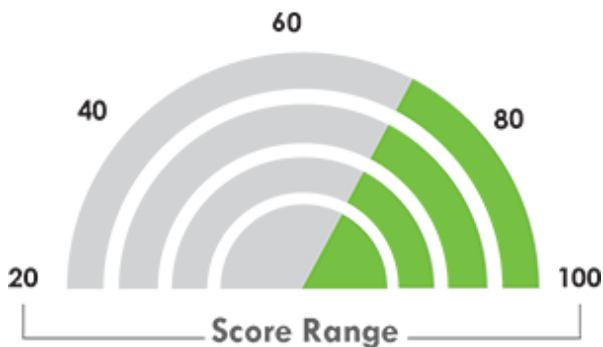
Positive Aspects: Empathy, compassion, self-confidence, sensitivity, identity

Negative Aspects: Thirst for power, domination, self-criticism, fear of rejection

Balance: Brings self-respect, assertiveness and energy

Healing: Self-acceptance, reiki therapy, soothing diets

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ANAHATA OR HEART CHAKRA

Qualities: Love, compassion, openness

Location: Centre of the chest, above the heart or thorax

Colour: Green

Planet: Jupiter

Symbol: Six-pointed star

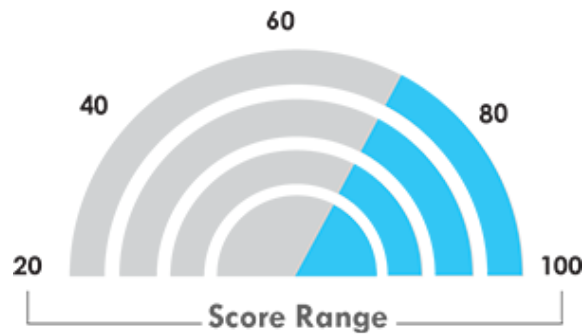
Positive Aspects: Self-awareness, sense of proportion, empathy, warmth

Negative Aspects: Narcissism, ongoing sadness, fear of abandonment, indifference, bitterness

Balance: Brings altruism, peace and powerful connection

Healing: Bikram yoga, socialization, self-indulgence, love meditation

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VISHUDDHI OR THROAT CHAKRA

Qualities: Communication, clarity, truth

Location: Throat or larynx

Colour: Blue

Planet: Saturn

Symbol: Circle

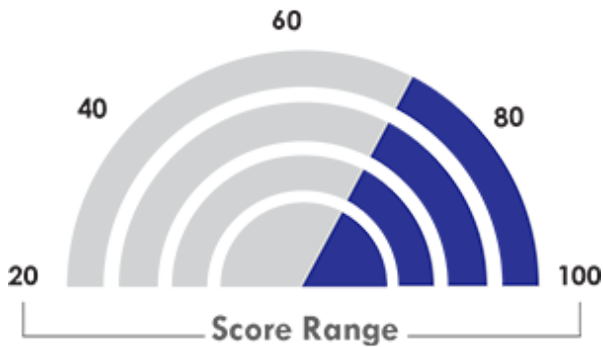
Positive Aspects: Concentration, assurance, discernment, honesty

Negative Aspects: Inauthenticity, intolerance, negation of reality, powerlessness

Balance: Allows personal and authentic expression and freedom

Healing: Sound therapy, singing, free-flowing self-expression, and journaling

Chakra is very open & occasionally over-stimulated. Work to keep it balanced with other chakras



AJNA OR THIRD EYE CHAKRA

Qualities: Wisdom, Focus, Intuition

Location: Forehead, between the eyebrows

Colour: Indigo

Planet: Uranus

Symbol: Winged circle

Positive Aspects: Intuition, enlightenment, imagination, self-awareness

Negative Aspects: Indecisiveness, irresponsibility, lack of vision, moodiness

Balance: Brings clarity of instinct and intellect

Healing: Lifestyle balance, relaxation techniques, acupuncture, yoga, eye exercises

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SAHASRARA OR CROWN CHAKRA

Qualities: Spirituality, enlightenment, raised consciousness

Location: Top of the skull

Colour: Purple or Violet

Planet: Neptune

Symbol: Lotus flowers

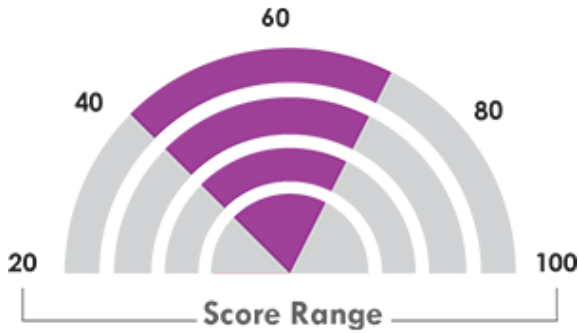
Positive Aspects: Communion with the cosmos, universal knowledge, self-knowledge

Negative Aspects: Superstition, rigid thoughts on religion, withdrawal or isolation, analysis paralysis

Balance: Brings deeper knowledge, bliss and connection

Healing: Pray, meditate, journal, cardio & physically rigorous exercises, breathing techniques

Your chakra is balanced and usually optimized

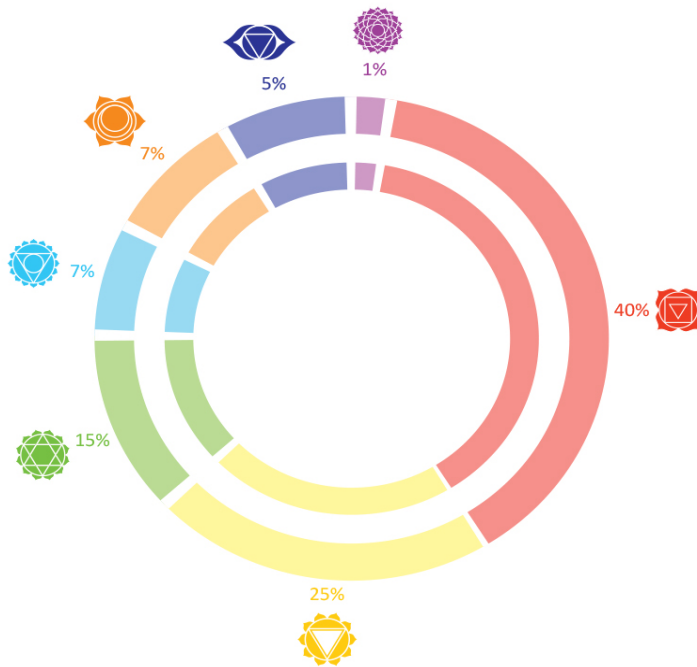


<p>MULADHARA or ROOT</p> <p>Attributes - Survival instincts, good self-image, ability to ground self in the physical world, material success & stability, balance, structure & solidity.</p> <p>Blockages - Insecurity, fear, feeling unsupported.</p> <p>Too Open - Dishonesty, defensiveness, hyperactivity.</p>		<p>SWADHISTHANA or SACRAL</p> <p>Attributes - Vitality, emotions, creativity, desires, pleasure-seeking, fluidity & flow</p> <p>Blockages - Emotional imbalance, guilt, base emotions, suppression</p> <p>Too Open - Addiction, manipulation</p>
<p>MANIPURA or SOLAR PLEXUS</p> <p>Attributes - Personal power, will, autonomy, determination, assertion, direction, self-control</p> <p>Blockages - Victimization, attachments, fear, instability</p> <p>Too Open - Over-critical behaviour, workaholic, controlling need</p>		<p>ANAHATA or HEART</p> <p>Attributes - Ability to express love for self & others, compassion, intuitiveness, acceptance, oneness with life & people</p> <p>Blockages - Lack of compassion, repressed self-love, fear of rejection, unworthiness</p> <p>Too Open - Bleeding heart, over possessiveness</p>
<p>VISHUDDHA or THROAT</p> <p>Attributes - Self-expression, truth, kindness, communication, logic, reason, reliability</p> <p>Blockages - Creative blocks, communication problems, rigidity, prejudice</p> <p>Too Open - Over-talkative, lies, self-righteous, arrogance</p>		<p>AJNA or THIRD EYE</p> <p>Attributes - Intuition, Awareness, Inner wisdom, clairvoyance, imagination, analyse, form conclusions</p> <p>Blockages - Egoistical, inability to see the big picture</p> <p>Too Open - Impatience, disillusion, rigid belief</p>
<p>SAHASRARA or CROWN</p> <p>Attributes - Highest spiritual consciousness, self-expansion, actualization</p> <p>Blockages - Obsessive attachment, alienation</p> <p>Too Open - Manic-depressive symptoms</p>		

Energy Balance Techniques

- Positive thought patterns/ Affirmations
- Getting out in the sun for a few hours
- Being in nature
- Art or Pet Therapy
- Eating foods that contain each of the seven color energies
- Meditation and/or Yoga
- Aromatherapy
- Music & Dance
- Toning & Sounds
- Water color solarized by the sun
- Syntonics (colored glasses)
- Positive color décor in your home or office
- Clothing color
- Surround yourself with color
(calming colors in bedroom, stimulating colors in workplace)





The Builders

Lovers of Details, foundations & structures



The Artists

Lovers Of Life, Experience & Feeling



The Achievers

Energetic Pursuers Of Ambitions & Heights



The Caretakers

Emotionalists Who Wish To Help



The Speakers

Charismatic Leaders & Guides



The Thinkers

Keen Observers & Idea - Makers



The Yogis

Silent & Reclusive Meditators

The 7 Chakras are an amazing description of life's different rainbow colors; life's different energies and aspects. In each of us, these different aspects and colors blend and express in a unique way that forms our original individuality. There's no doubt that personalities are complex and multi-dimensional, and a thorough understanding of our dominant Chakras reveals the basics of the underlying patterns that support a person to navigate life successfully in many different ways.

Self-Awareness

To become aware of our Chakra Personality Type provides a much better understanding of ourselves, our needs, wishes, and behaviours

Balance

The understanding of our Chakra Personality Type gives direct insights into areas we might easily get out of balance or struggle with and provides with effective tools to maintain a more balanced life.

Life Purpose

To know our Chakra Personality Type reveals what truly makes us happy, how we most naturally & effectively express in the world and what gifts we have brought to this life.

Compassion

The understanding that other beings experience the world very differently and have different needs & values helps to feel other people where they are at and to avoid misunderstanding and conflict.

Knowing your Chakra Personality type and removing blockages is about aligning your life with your authentic self. Chakra balancing and healing is about treating the 7 chakras and making modifications as desired. This fills you with a deeper sense of meaning and fulfilment. With some self-care work, you can keep the chakras 'open' for greater physical, mental, and emotional well-being. Being connected with your true self leads to the creation of a balanced life.